

What about Vitamin D?

Your body needs Vitamin D to help absorb calcium. You can make vitamin D naturally by being exposed to sunlight. In northern areas like South Dakota, your body can't always make vitamin D, especially in the winter. Choose foods that are fortified with vitamin D like milk and some yogurts. Other good sources of vitamin D are salmon, tuna, and sardines.

Calcium Boost

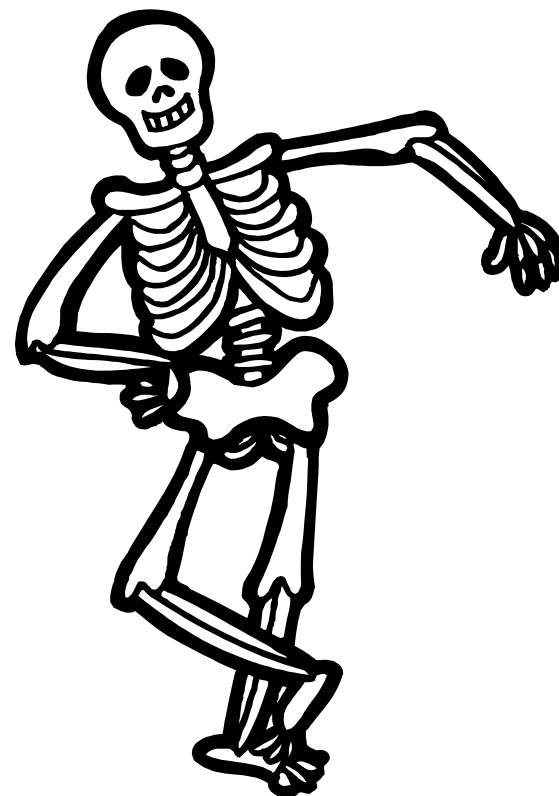
Fruit Smoothie

- 1 ½ cups fruit or berries
- 3 ½ cups skim milk
- 1 tbsp sugar
- 1 ½ tsp vanilla

Mix together in a blender. Serves 6.
Calcium: 137 mg

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09/05 NUT ___

preventing Osteoporosis



Strong Bones for Life

What is Osteoporosis?

Osteoporosis is bone loss that can occur as you age. Your bones become weak over time due to less bone building activity. Bone mass can be built until around the age of 30. Building the strongest bones possible is an important defense against osteoporosis later in life.

What are the Consequences?

If adequate bone mass is not built during the first 30 years of life, the risk of fractures and falls increases, which may cause a need for surgery.



Who is at Risk?

Everyone is at risk for bone loss. It occurs in both women and men. Certain age groups and lifestyle factors also increase risk. These include:

- Women over the age of 45
- Smoking and alcohol use
- History of eating disorders
- Inactive lifestyle
- Inadequate calcium intakes

How Much Do I Need?

- Women over the age of 18, including those pregnant and breastfeeding, should consume 1000 mg of calcium every day.
- Pregnant or breastfeeding teens should consume 1300 mg of calcium every day.
- Women over the age of 50 should consume 1200 mg of calcium every day.

What Can I Do?

- Eat or drink the recommended 3 to 4 servings of high calcium foods each day.
- Foods high in calcium include milk, cheese, yogurt, calcium fortified soy milk, calcium fortified orange juice, spinach, kale, and tofu.
- Try to eat foods that are a good source of vitamin D.
- Participate in weight bearing exercise most days of the week. Examples include walking and running.
- Stop smoking and limit alcohol use.
- Read nutrition labels to determine the amount of calcium you get each day. The Percent Daily Value (%DV) is based on a 1000 mg intake. A food containing 20% of your calcium needs contains 200 mg of calcium.
- Ask your doctor or dietitian about taking a calcium and vitamin D supplement if you have trouble meeting the recommended amount.

